Mindfulness Resources

Books


- Greco, Laurie, Acceptance and Mindfulness Treatments for Children and Adolescents, Oakland, CA, 2008.
- Mindfulness: Finding Peace in a Frantic World - Prof Mark Williams and Danny Penman
- Wherever You Go, There You Are - Jon Kabat-Zinn
- Full Catastrophe Living - Jon Kabat-Zinn
- The Mindfulness Breakthrough - Sarah Silverton
- The Way of Mindful Education - Daniel Rechtschaffen
- Sitting Still like a Frog - Eline Snel
- The Attention Revolution- Dr. B. Alan Wallace
- The Mindful Child - Susan Kaiser Greenland
- The Emotional Life of your Brain - Dr. Richard Davidson
- Mind, Brain and the Path to Happiness: A guide to Buddhist mind training and the neuroscience of meditation - Dusana Dorjee
- The Plastic Mind - Sharon Begley
- The Brain That Changes Itself - Norman Doidge, M.D.
- Brainstorm - Daniel J. Siegel, M.D. The Mindful Way Through Depression - Williams, Teasdale, Segal, Kabat-Zinn
- Mindfulness in Plain English - Henepola Gunaratana
- The Miracle of Mindfulness - Thich Nhat Hanh
- The Mindful Way To Study: Dancing With Your Books - Jake J. Gibbs & Roddy O. Gibbs
Articles

1 Welsh, M. “Association between Formal Operational Thought and Executive Function as measured by the Tower of Hanoi-Revised” Learning and Individual Differences (2005) Vol 15, Issue 3, 177-188


1 Chambers, R. “The Impact of Intensive Mindfulness Training on Attentional Control, Cognitive Style, and Affect” Cognitive Therapy and Research (June 2008) Volume 32, No. 3


8 Krasner, M. “Association of an Educational Program in Mindful Communication With Burnout, Empathy, and Attitudes Among Primary Care Physicians Export” JAMA, Vol. 302, No. 12. (23 September 2009): 1284-1293

9 Roesser, R. Personal communication (2010)